THE RECOVERY KERNEL

TSARIN YAKAN AMFANI DA METHEDRONE

4-Methoxymethcathinone (bk-PMMA) - Tare da Babban Ƙwallafari akan Amfani da Kwayoyin Magunguna.

Wannan jagorar ta wucewa ne saboda dakatar da amfani da kowane abu da ake amfani dashi ya danganta da sauran abubuwan da ake ɗauka, ba kawai danuwarsa.

⚠ KIRAYEN DA ZAI KAWO KAWANCE – BA TAHAYA TA LALACI BA | Matsala: kira 112 ko aika sakon rubutu zuwa 08062106493.

Wannan jerin labarai ya fi mayar da hankali ga wani abu ɗaya a lokaci, domin yawancin damuwa ta yawan narkewa ke cikin wani abu ɗaya a lokaci guda. Methedrone na bambanta ne a wata hanya ɗaya: hanyarsa ta serotonergic da kuma hana MAO mara ƙarfi mai iya sake gyara, yana nuna cewa mafi alamomin haɗin kai a lokacin narkewar methedrone ba shine narkewar kanta ba — kawai rashin tsari a cikin yadda yake shafar wani abu da ke cikin jikin mutum, ko ya zama abin da aka amshi ko kuma ba. Wannan jagorar tana ɗaukar wannan ne a matsayin babban batu, ba wata ƙaramin magana ba.

Sashe na 0 - Tsaro Na Gaggawa: Karanta Wannan Da Fari.

⚠ GURAN SOSAI.

IDAN KA ƊAUKI METHEDRONE YAYIN DA KAKE CIKIN WANI MAGUNAI NA SSRI, SNRI, MAOI, TRAMADOL, DEXTROMETHORPHAN, TRIPTANS, ST. JOHN'S WORT, KO KOWANE SAUKI NA MAGUNGUNA KO ABUBUWA DAGA HALITA WAƊANDA SUKE YADA SEROTONIN — KO KA ƘARARA DA SHIGA CIKIN IRIN WANNAN MAGUNAI — TATTAKI NE DON BINNE WASU ALAMURAI. ZAWA TA HANYA A SAA'OI KADAN, KUMA ZATA CI GUDU. KI KIRGA LALEDI KO KA JE ASIRIN SOJI DON:

* TASHI DA BUDA
* CEMA
* SAURIN HEART RATE
* TSALLE
* BULLAWA
* YAWON
* TAZARA
* CIWON MUSCULI
* TAREN
* SHAHE
* ZAFE — MUSAMMAN IDAN SUKE CIKIN WANNAN.

Serotonin syndrome ɗaya, a bayanin da ya sauƙi:

- Canje a halin hankali - taɓarbantuwa, rashin tabbas, rashin kwancikwai.
- Matsalolin da keɓancewar jikin mutum – zafi, saurin buga zuciya, hawan yawan damuwa, ɗauke, ciwon tsi.
- Matsaloli masu shafar tsarin haɓakar jiki - girgizar jiki, ƙarfi a cikin sashi, ɗanƙamawa (myoclonus), motsin jiki da ke cike da sauri, rasa hanyoyin motsa jiki.

Kowane haddi na waɗannan abubuwa bayan amfani da methadrone, musamman tare da wani abu mai shafar serotonin, ya zama gaggawa. Ka sanar da masu taimakon gaggawa game da wadancan abubuwan da aka sha - wannan yana canjanta yadda ake magance lamarin.

⚠ Karya.

Wannan jagorar ba za ta bayar da tsarin rage adadin magungunan methedrone a gida, ko shawarwari akan yadda ake rage adadinsu, ko kuma umurnin yadda ake amfani da su. Ba akwai tsari na likita da aka kafa don rage adadin wannan magunguna, kuma dangana da haɗarin da ake samu wanda ya bayyana a cikin wannan jagorar, ƙoƙarin rage adadin magungunan ne kawai ba tare da taimakon likita ba, hakan yana da haɗari sosai fiye da yadda yake a wasu nau'in magunguna. Abin da wannan jagorar ke bayarwa shine hanya don samun goyan bayan likita da kuma fahimtar abin da jikin ku da makogaron ku ke fuskanta.

Sashi na 1 - Dalilin da ya sa amfani da magunguna da yawa ke zama babban batu.

THE CENTURION — Tsarin da Ya Sanya Haɗuwa Yana Da Hatsari.

Methedrone wani abu ne mai ƙarfi wanda yake hana da kuma fitar serotonin da norepinephrine. Hakanan yana da ɗan aiki na monoamine oxidase inhibitor (MAOI) wanda zai iya canzawa. A kan kansa, wannan ya shafar yadda mutum ke ji da yadda jinin sa ke sake fasfa bayan amfani da shi. Idan aka haɗa shi da wani abu da yake ƙara serotonin a jiki — kamar antidepressants na SSŘI ko SNŘI, MAOI (da aka ba da izini ko kuma ba), tramadol, dextromethorphan, triptans, St. John's Wort, ko wani ɗan adugu mai shafar serotonin — haɗin ya fi tsananin yadda ake sa ran. Wannan shi ne saboda abubuwa iri ɗaya da ke damƙar amfani da MDMA da antidepressants na SSŘI, kuma an ƙara masa da aikin MAOI na methedrone da lokacin da yake fita daga jiki wanda ya tsana, wanda hakan ya sa wannan aikin ya ci gaba. Tsarin yana da sauri fiye da yawancin abubuwan da ke cikin katinon.

Wannan shine dalilin da ya sa 'polypharmacy' a wannan jagorar ba wai kawai yana nufin amfani da abubuwa masu cutarwa da yawa ba - kuma yana haɗa anti-depressants da aka girka, wasu magunguna da aka girka, da ƙarin abubuwa. Tattaunawar dakatar da methedrone wacce ba ta haɗa cikakken bayanin duk abubuwan da ke cikin jikin mutumin ba, ita ce tattaunawa mai ɓarna, kuma tare da wannan magungunan, tattaunawar mai ɓarna na iya haifar da rikici.

Sashe na 2 - Tsarin Zaman Jinin Ceto.

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THE CENTURION — Saboda me wannan zai ɗauki lokaci fiye da sauran abubuwan da ke haifar da damuwa.

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Lokacin da jikin mutum ke fitar da Methedrone (kima na ilimi ya nuna cewa yana ɗaukar kusan tsawon rana ɗaya), shi ya fiye da lokacin da ake fitar da Mephedrone ko Methylone. Wannan yana nufin cewa, yawan wahala da rashin lafiya da ake ji bayan amfani da Methedrone, da kuma farkon alamun sakamakon rabuwa da dangi (withdrawal), yawanci suna zuwa a hankali kuma suna ɓacewa a hankali, idan aka kwatanta da yawan saurin raguwar wahala da ake samu daga wasu fursantar.

Fasfa.	Taliyar da ta yaya.	Abin da ke faruwa.
Matsalar narkewa mai sauri.	Saitin 12 zuwa 48 sa'o'i bayan amfani na karshe.	Ƙarfin jiki mara kyau, rashin farin ciki, da damuwa - waɗannan abubuwa na iya bayyana ne bayan wani lokaci, idan an kwana da magunguna masu saurin yawan ajiya, saboda wasu magunguna suna ɗaukar tsawon lokacin yawa don faduwa.
Ceton da rana.	Ranar 2 zuwa ranar 10.	Matsalar damuwa, rashin jin daɗi, tsatsawar barci, tsoro, canje wajen cin abinci - wanda yawanci yake da alamun ƙarya da damuwa fiye da sakamakon rabuwar kayan narkewai masu rinrin kai.
Tsarewa.	Watan 2 zuwa 6.	Tsarin dawowa zuwa yanayin normal na barci da yunwa, amma hali ya kasance mai rauni.
PAWS	Watan 1 – 12	Matsalolin damuwa masu yawan sauyawa, rashin haske na tunani, da kuma sha'awar abubuwa saboda tsarin serotonin da dopamine ke sake gina kansu.

Sashe na 3 - Yaya Tsayin Lokacin Da Zata Ci Gaba Domin Abubuwa Su Komo Da Al'ada?

Ga amfani mara daɗi ko don gwaji, yawancin mutane suna ganin alamun cuta sun kawar da su ne cikin makon daya zuwa biyu. Amma ga amfani mai ci gaba ko na yawa, wajen samun lafiya – lokacin da yanayin, barci, da tunani har yanzu ke jin 'rashin daidaito' tsakanin lokutan alheri – yawanci yana ɗaukar makonni 4 zuwa 12, kuma za a iya fuskantar wani mummunan hali na PAWS (Post-Acute Withdrawal Syndrome) har zuwa shekara guda. Idan an yi amfani da maganin anti-depressant, lokacin da za a ji kwanciyar hankali ya dogara ne akan yadda wannan batu ya faru (Sashe 6) – wanda ke nuna dalili na daya don kada a yanke wannan hukunci ba tare da likita.

An ji magananka.

Idan wata ko wasu watanni suka wuce kuma har yanzu kana fama da matsala, hakan ba zai nuna cewa maye gurbin ka ya fasa ba. Abubuwan da ke yi aiki sosai akan serotonin, tare da lokacin da ake fitar da su daga jiki, suna sa tsarin haɓakar (nervous system) ya yi ƙoƙari sosai. Ƙaraɗi (waves) waɗannan ana sa ran faruwa, ba wata alama ce cewa abu ya bata.

Sashe na 4 - Abin da Zaka Fasa Cikin Yakin.

- Wata hali mai tsanƙi da rashin farin ciki wacce ke bayyana a farkon damfara fiye da abin da ake samu a lokacin ƙarfin wake-wake, kuma wannan ya yi dangantaka da yadda serotonin ke aiki.
- Barci wanda ya fi wahala a sake samun sa, wasu lokacin tare da mafarki masu ban mamaki ko rashin kwancikwai yayin da tsarin serotonini ke daidaita kansa.
- Matsalolin damuwa ko rashin farin ciki waɗanda za su iya zama mafi tsanani fiye da abubuwan da ke faruwa a kusa da kai - wani ɓangare na PAWS, ba alamar sabon matsala ba.

- Idan kuma kana amfani da wasu abubuwa (duba Sashe na 6), yiwuwa ne sakamakon rabin jiki daga methedrone ya zama wani abu mai wahala, musamman idan ya hada da alamu waɗanda ke fitowa daga wasu abubuwa. Wannan yana nuna cewa, a wannan yanayin, samun shawara ta likita ne mafi mahimmanci fiye da yadda yake a cikin jagorar wani abu ɗaya.

Sashe na 5 - Magance Genetik.

Jini / Kirƙira	Ba daidai ba ne.
CYP2D6	Mutanen da jikin su ba sa iya sarrafa maganin methedrone da kuma abubuwan da ake samu a jiki bayan amfani da shi (metabolites) cikin sauri, wanda ke nuna cewa damar samun illolin da suka shafi serotonin da kuma illolin da ake samu daga amfani da MAOI na iya ci gaba ne tsawon lokaci bayan an daina amfani da maganin, fiye da yadda wasu alamu suke nuni.
SLC6A4 (5-HTTLPR)	Yana da tasiri akan tsananin alamun sakamakon rage yawan serotonin, kuma yana shafar yadda mutum ke ɗaukar damar kamuwa da cutar serotonin syndrome idan ana amfani da wasu magunguna.
MAOA (uVNTR)	Matsayin da ake samu na monoamine oxidase a jiki yana shafar yawan ƙarin serotonin da jikin ke sarrafa, wanda hakan ya iya zuwa ne daga tasirin methedrone ko kuma abubuwan da ake amfani da su tare da shi.
COMT (Val158Met)	Yana da alaka da yadda jikin keɓancewar narkewar dopamine ta shiga cikin tsarin sakewa, kuma yana taimakawa wajen samar da yadda tsarin samun farin ciki na halita zai kasance bayan an samu nasara — duba littafin jagorancin da aka haɗa, Sashe na 6.

⚠ Karya.

Idan kana da ilimin matakin CYP2D6 naka kuma ka kasance mai amfani mara kyau ko matsakaici, tabbatar da sanarwa ga kowane likita da ke kula da dakatar da magungunan naka ko da yake binciken magungunan da ake amfani da su – wannan yana canjawa lokacin da rikicin tasiri zai iya faruwa.

Sashe na 6 - Amfani da Kashi Mai Yawa na Magunguna: Haɗuwa Da Ke Da Muhimanci.

Wannan sashin shine dalilin da ya sa wannan jagorar ta kasance wata takarda daban, ba wani ɓangare kawai a cikin babban jagorar sake farfadowa. Kowane ɗaya daga waɗannan yanayi yana canjawa abin da ake buƙatar don dakatar da magunguna lafiya.

6.1 - An gwada maganin antidepressants kamar SSRIs, SNRIs, ko wasu.

⚠ Karya.

Wannan shi ne mafi yawan al'amari da kuma abu mafi mahimmanci game da amfani da magunguna masu yawa tare da methedrone. Idan kana shan maganin anti-depressant kuma ka shaɗe methedrone, kada ku yanke wata shawara kan kowace magunguna – dakatar da amfani da methedrone ne ɗaya; dakatarwa ko canje-canje ga anti-depressant shi ne wani abu

daban, tare da haɗarin "discontinuation syndrome" na kansa. Yin wannan sau biyu a lokaci guda, ba tare da kula ta likita ba, hakan zai iya sa mutum ya fuskanci matsalar yawan serotonin ko kuma "anti-depressant discontinuation syndrome" wanda yake cikin damuwa, sannan kuma yana da sakamakon dakatar da amfani da methedrone.

Matsayin da ya dace shi ne bayyana abin da ya faru, ba kula da kanka ba: faɗi wa likitan ka cewa kana amfani da methedrone, kuma aikin yanzu. Yana iya zama abu mai wahala in ce wannan, amma wannan shine bayanai da likita ke buƙata don sarrafa magungunan ka cikin aminci – wanda ya haɗa da ko an buƙatar canje-canje na ɗan lokaci, ƙididdigar lafiya, ko kuma tsarin aiki kafin ci gaba ko sake amfani da magunguna masu shafar serotonin.

6.2 — Sauran abubuwan da ke haifar da motsa jiki ko Cathinones (A cikin yanayin 'yan uwamanci da amfani da kwayoyi).

Methedrone wani lokacin ana amfani da shi tare da wasu ƙwayoyi, kamar methamphetamine ko GHB, a wurare kamar shaguna ko liyafu. Kowane ɗaya daga waɗannan ƙwayoyin yana haifar da rikici ga zuciya da lafiya, kuma yana iya damfara yawan maganin, ba tare la'akari da abin da aka bayyana a sama ba. Idan wannan ya taɓa maka, shawarwarin da ake samu game da yadda za ki daina amfani da methamphetamine da GHB na cikin "Recovery Kernel" a wannan jerin, suna da ma'amala kai tsaye da rikicin da waɗannan ƙwayoyin ke haifarwa lokacin da aka dakatar da su — karanta waɗannan shawarwarin tare da wannan, maimaiji daina amfani da methedrone ne kawai.

6.3 - Alkawari da Benzodiazepines

Yin amfani da man shaidan ko benzodiazepines tare na iya ɓayya alamun farkon jujuwa ko alamu masu alaƙa da serotonin, wanda hakan zai iya jinkirta gano matsala da ke tasowa. Idan kowanne daga wadannan ya kasance a cikin yanayin ku, tabbatar da ka faɗi wannan ga duk likita da ke kula da ku — dogon zamantakewar benzodiazepine yana da haɗarin dakilewa na musamman wanda dole ne a sarrafa shi ta hanyarsa, ba tare da a ɓoye shi a cikin maganar game da methedrone. Duba jagorar "Benzodiazepine Forced Discontinuance" daga wannan jerin idan ya dace.

6.4 — MAOIs (An gwada ko kuma ba an gwada ba).

⚠ GURAN SOSAI.

HAƊA METHEDRONE DA MAOI (MAI AYYUKA IRIN PHENELZINE, TRANYLCYPROMINE, KO SELEGILINE) WANI ABU NE MARA KYAU KUMA ZAI YANA HAƊA ƘULLUM. IDAN ABINDA YA FARU TA AMFANIN KA, BA ZA KA SHIGA CIKIN WAƊANNAN LABARI, TARE DA TSARARRUWA KO KIYAYYA GA KAJI. TATTAUNA NE DA LALEYEN DA YAKE BAYAWA MATAƘI, KUMA A SANSA DA SU GAME DA AMFANIN METHEDRONE, KO NEMI ƘOFA DON BA KA TA'AZO IDAN AKWAI ALAMUN SEROTONIN SYNDROME DAGA SASHE NA 0.

Sashe na 7 - Amfani da Rarraba Nau'in.

Yadda ake dakatar da amfani da methedrone ya danganta ne sosai da yadda aka yi amfani da shi - ba dukkanin yanayi ke buƙatar waccan matakin kula da likita, duk da cewa abubuwan da ke cikin Sashin 6 na iya shafar kowane hali.

Matakin.	Tsari.	Abin da wannan jagorar ta bada shawara.
1 — Ƙwarin.	Wata ko biyu kawai, babu sauran abubuwa masu shafar serotonin.	Likita ya duba idan wani alamomin damuwa suka bayyana; in ba haka ba, sashin da ke da alaƙa da sake gina jiki a cikin Jagorar Rayuwarsa (Recovery Guide) ya isa.
2 — Lokaci-lokaci.	Amfani da abubuwa masu narkin damuwa akasance, galibi ne a lokuta na zamantakewa ko bukukuwan.	Same as above, with closer attention to Section 6 if any co-used substances are part of the pattern
3 — Kaɗan/Ƙaruwa	Yawan amfani ya fi yawa ko kuma ya zama mai muhimmanci a tsakiya.	Ana bada shawara cewa likita ya shiga cikin wannan aikin kafin a dakatar da shi, musamman don duba duk wasu maganin da ake ci.
4 — Dogaro / Amfani da abubuwa masu cutarwa.	Ana amfani da shi sau da yawa, wanda kuma ake amfani dashi tare da wasu abubuwa masu karfi, GHB, ko maganin da ke ƙara serotonin.	Ana bada shawara sosai da yin kula da likita; kada ku shirya dakatar da abubuwa masu yawa a lokaci guda ba tare da likitan.

Sashe na 8 - Tsarin Gyaran Jikin Mai Ciwon Magani.

Wannan sashin an ƙirƙirashi don taimakon ku ko wanda ke taimaka maku wajen neman kula da kyau. Babu magungunan da aka ba da izinin FDA don jinyawar sakamakon rabin methedrone ko synthetic cathinone, kuma — kamar yadda yake a cikin opioids ko man shaidan — babu tsarin gyara mai ma'amala wanda ya taɓa wannan abu. Wannan yana nuna cewa cikakken bayanin likita game da duk sauran abubuwa a jikinku (Sashe na 6) shi ne mafi mahimmancin bayanai don samar da shiri mai amincin da zai yuwu a gare ku.

⚠ Ƙarya.

Wannan jagorar ba za ta bayyana adadin da ake ragewa a kowanne lokaci, ko yadda ake amfani da magunguna don kawar da methadrone, ko kuma wasu magunguna don sarrafa sakamakon rabuwa da shi. Wannan shine bambancin tsakanin 'an fahimci yadda abubuwa suke aiki' da 'yanzu za ka iya yin wannan a gida ba tare da kulawa,' kuma wannan shi ne inda mutane sukan samu rauni. Likita ko masanin magani na jujuwa, wanda ke amfani da jerin magungunan da kake ɗauka da tarihin aikinka, shine mafi kyawun wanda zai iya bayyana irin wannan ƙima.

Abubuwan da za ku ɗauki zuwa wannan zama:

- Jerin dukkan abubuwan da aka sha - duk wanda aka ba shi izinin likita, na kasuwanci, da kuma abubuwa masu narkewa - tare da lokacin karshen amfani da kowane abu.
- Wannan jagorar tana da sashe na 5 wanda ke da bayanin game da hanyoyin gwaje-gwaje na ilimin halitta, idan kana da sakamakon gwajen da ya dace.
- Kowane alamomin cutar serotonin da ka lura yayin amfani, ko ma sukan kasance cikin haske ko na ɗan lokaci, waɗannan suna da mahimmanci don ƙididdigar haɗari.

- Okay, na fahimta.

Sashe na 9 - Tsarin Bayaƙo (Bayan Matsalolin).

Wannan sashin ya fara ne da zarar kowane matsalar lafiya ta wuce (Sashi na 0), kuma, idan ya cancanta, likita ya duba duk magungunan da kake sha da sauran abubuwan da kake amfani da su.

Mataki na 1 - Tushen Halitta

- 5-MTHF (mai amfani da folate) - yana tallafawa samarwa mai yawa na transmitters masu dogara ne akan methylation.
- Magnesium glycinate - yana tallafawa barci da tsarin jijiyoyin jinin gabaɗaya; ƙaramin damar cin karo.
- Omega-3 (EPA/DHA) - yana ba jini wani tallafi don yaki da ciwon kwakwalwa, kuma an tabbatar da cewa babu abin damuwa game da amfani dashi.
- Ci gaba da cin abinci mai girma kuma kula da lokacin cin abinci – yana tallafawa samarwa na sinadari masu aiki a jikin mutum (neurotransmitters) da kuma tsara matakin sukari a jini, waɗannan abu biyu suna da mahimmanci wajen inganta yanayin zuciya a farkon zamanin dawowa.

Matakin na biyu - Tallafin likita da ilimin hankali.

Kowane shawarar da ake yi game da magani - ko za a sake amfani da anti-depressant ko ba, ko kuma an dace a duba wanda ake amfani da shi yanzu - ya kamata a tattauna ne da likita a sashin 8, ba a cikin ƙarin maganin da kake yiwa jikinka. An bar wannan mataki don tattaunawa da likita, kuma ba a ambato a nan, domin dalilin damuwa game da yadda magungunan ke shafar juna, wanda wannan jagorar ta bayyana sosai.

Matsakaici na uku - Tsarin Nerves da Kula da Aikin sa.

- Hanyar numfashi yau da kullum - ba za a iya barin ta ba, musamman saboda lokacin da aka bayyana a Sashe na 2.
- Ƙwarin motsa jiki na yau da kullun, wanda aka gabatar a hankali - yana tallafawa sake farfadowar dukansu hanyoyin dopamine da serotonin.
- Tsarin lokaci na kwanta da farko, ko da ingancin barci ya kasance mara kyau.
- Haɗin gwiwa da bayyana abubuwa – ɓoyewa da rashin magana game da amfani da ƙarin magunguna na iya zama matsala, ba kawai cikas a cikin al'ajabi.

Sashe na 10 - Gane da Halin Daƙi, An Sake Bayyana.

⚠ GURAN SOSAI.

Tafi zuwa gidan ceto nan take idan ka ji:
* taɓarbantu ko rashin fahimta,
* bugun zuciya mai sauri,
* girgizar jini mai yawa,
* idanu masu faɗi,

* ƙamshi mai ƙarfi,
* tuntubance ko tsanewar muscles,
* taushi,
* zubar da ruwa.

Musamman idan abubuwan da ke sama suka faru ne a wani lokaci ɗaya, kuma musamman idan an sha kwaya ko abu mai shafar serotonin tare da methedrone. Wannan ya kamata a yi shi duk lokacin da ake amfani da methedrone, kuma akalla tsawon shekaru masu yawa bayan an daina amfaninsa, saboda methedrone na ɗaukar lokaci kafin ta fita daga jiki.

Idan ka ji tashin hankali, gajiya, ko wahala wajen barci ba tare da wasu alamun da ke sama ba, wannan ya zama yiwuwa kamar yadda aka bayyana a Sashe na 2, kuma yana yiwane a tuntuwa da likita a ranar, amma wannan ba abin damfara ne da ake buƙatar zuwa gidan ceto.

Sashe na 11 - Takaitaccen Jadawalin da ke Nuna Abubuwa daban-daban.

Idan wannan ya dace maka.	Ga.
Babban magani, ilimin halitta da ilimin kimiyya na sake farfadowa daga amfani da methadron.	Recovery Kernel — Yadda za ki samu wani abu don kawo karshen amfani da Methedrone (mai ba da shawara).
Amfani da methamphetamine tare da wasu kwayoyi.	Recovery Kernel - Ƙa'idar Dakatarwa: Methamphetamine
Amfanar GHB/GBL/1,4-BD tare.	Recovery Kernel - Ƙa'idar Dakatarwa: GHB
Amfani da maganin benzodiazepine tare da wasu magunguna.	Recovery Kernel - Yarda Aƙarkari: Benzodiazepines
Sanyaya sabon tsari na barci.	Babban Takaitacce - Tsarin 09, Fashewar Barci.
Gyara dabarun muhalli / rage damar shiga.	Babban Takaitacce - Tsarin Aikin 05
Tsarin canzawa zuwa ga hanyoyin magance addikta na dabi'a.	Babban Takaitacce - Tsarin 28 (C-28)

Sashe na 12 - Karshen.

Sanctuary

Abin da ya sa tsarin dakatar da amfani da methedrone ya bambanta ne daga wasu hanyoyin, ba wai saboda wahalar janyewa ta fiye da yadda yake a wasu lokuta — amma saboda samun nasara ya dogara ne akan magana mai gaskiya da cikakken bayanin duk abubuwa da ke cikin jikin ku, ko an giryar da su ko kuma ba. Wannan magana na iya zama wani abu mai wahala. Haka kuma, shi ne mafi kyawun abu da za ka iya yi a nan. Likitan da ya san cikakken bayanin abin da yake faruwa na iya taimakawa wajen dakatar da amfani da wannan daren lafiya. Duk likici da bai san cikakken bayanin ba, ba zai iya yin hakan — ba saboda bai iya ba, amma domin bayanai ne ke canzawa kuma ba su a gaba. daga cikinsu har yanzu.

Wannan sabis ɗaya ba shawara ce ta likita, kuma ba wata hanya ce ta maye gurbin kula da cututtuka.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357